

The Bagram Bullet

Volume 1, Issue 21

Happy 4th of July

July 1, 2005

Fighters for freedom, Liberty, past and present

*By Brig. Gen. Bruce E. Burda
455th Air Expeditionary Wing commander,
Air Component Coordination Element director*

Fellow patriots, I would like to wish all of you a Happy Fourth of July! Most of you are coming up on the mid-point of your AEF deployments, and this is a good time to reflect on our presence here.

Although most of us would like to be home with family, friends, and squadron mates to celebrate the anniversary of our independence, we are here in a part of the world where independence and democratic governance is relatively new.

We are all doing our part to support Operation ENDURING FREEDOM; conducting and supporting operations that are bringing more peace and stability to this rugged country. I thank you for your outstanding work!

Last October, we saw the first national elections in Afghanistan. Now, we are preparing for the National Assembly and Provincial Council elections in September, and this will be another major milestone for Afghanistan.



-See **Freedom**, Page 6

Camp Cunningham Flag at night, photo by Capt. Gibson

Adopt-A-Village

Outside the Wire, In the eyes of a child

*Story and photos by U.S. Air Force Capt. Mark D. Gibson,
455th Air Expeditionary Wing, Public Affairs*

BAGRAM AIRFIELD, Afghanistan — Approximately 50 Airmen recently volunteered to organize an entire container, 20 feet by 10 feet by 8 feet weighing nearly 63,000 pounds filled with donated supplies for a tertiary mission here—adopt-a-village.

Airman separated the supplies into groups broken down by male, female and adult and children's supplies that would be used in the next mission.

"No one comes close" was an Air Force slogan used to describe the capabilities and accomplishments of the United States Air Force. This slogan took on a whole new meaning when 36 Airmen traveled to a village, several miles outside Bagram, to equip local Afghan children with supplies for their future.

"No one comes close" to the pride and patriotism exhibited by the 455th Air Expeditionary Wing men and women that bright sunny day when they pulled up to the village with the cloud of dust bellowing behind the sport utility vehicles.

Airman hand-delivered bags filled with basic school supplies to about 200 children from Haji Khan Baba – a small village within Afghanistan's Parwan Province.

In addition, "each child received his or her own toy and bundle of school supplies," said 1st Lt. David Knight, 455th Expeditionary Security Forces Squadron operations officer.



Members of the 455th AEW participated in a recent Adopt-A-Village mission where this young Afghan boy finds a new friend in his red white and blue teddy bear.

- See **Adopt**, Page 7

GENERAL ORDERS

Do you know what General Order 1 and its amendments (GO1A) cover and why? Why *should* you be concerned with what the GO1As cover? GO1As were created to help leadership maintain good order and discipline in a deployed environment, while fostering good relations with our host nations and allies, so as to ensure successful mission accomplishment. Each individual military member must follow GO1As to successfully carry out our missions here. To ensure that these orders are followed, GO1As are punitive, meaning that violations are punishable under the Uniform Code of Military Justice (UCMJ). You were briefed on GO1As prior to arrival and upon arrival. In addition, you have access to review the GO1As through your chain of command and/or on-line.

CENTCOM, CENTAF, and CJTF-76 all have separate GO1As. Additionally, 455 AEW and 455 EOG each have General Operating Instructions (GOIs), which provide additional guidance for standards of conduct. First, a review of the GO1As, and then a review of the GOIs. This article is **NOT** meant as a substitute for these specific documents. Instead, this article is meant to refresh your memory regarding a few provisions of the GO1As. You are each **individually** responsible for knowing what GO1A covers.

Many GO1A prohibitions are the same for CENTCOM and CENTAF. These include:

- entering a mosque by non-Muslims for other than military purposes
- introduction, possession, sale, transfer, manufacture, or consumption of alcoholic beverages
- introduction, purchase, possession, use, sale, transfer, manufacture, or consumption of controlled substances or drug paraphernalia
- introduction, possession, transfer, sale, creation, or display of pornographic or sexually explicit photographs, video tapes, movies, drawings, books, magazines, or similar representations (if you can buy item at the BX/PX in theater, then it is acceptable)
- gambling of any kind, including sports pools, lotteries and raffles
- removing, possessing, selling, defacing, or destroying archeological artifacts or national treasures
- selling, bartering, or exchanging any currency other than at the official host-nation exchange rate
- adopting pets or mascots
- proselytizing (attempting to convert another to your religion) of any religion, faith, or practice
- taking or retaining individual souvenirs or trophies (with few exceptions)

Additional prohibitions are laid out by the 455 AEW GOI. The 455 EOG GOI basically mirrors the prohibitions in the wing GOI. These prohibitions include, but are not limited to:

- males shall not enter female lodging B-huts and females shall not enter male lodging B-huts, except on official business as directed by commanders/first sergeants
- do not litter; keep common areas neat and clean, graffiti is prohibited in Camp Cunningham (**DO NOT WRITE ON THE BATHROOM STALLS/WALLS**)
- water conservation: one load of laundry per week and combat showers are required
- quiet hours in the B-hut areas is 24 hours a day
- all camp members are required to participate in mandatory camp clean-up details
- candles or other self burning devices are not allowed in or around the B-huts
- food items are not to be left uncovered in the B-huts
- brushing your teeth is not authorized anywhere other than latrines or shower facilities
- urinating anywhere other than latrines is strictly prohibited (**SADLY, THIS HAS BEEN A PROBLEM IN THIS ROTATION AND PAST ROTATIONS**)
- B-hut spaces must be kept in good order and present a professional appearance

You are required to know **ALL** prohibitions in GO1As and GOIs, not just the ones above. Again, the purpose of GO1As and GOIs is to maintain good order and discipline of the Armed Forces, while fostering good relations with our host nations and allies, so we can successfully accomplish our missions. Good order and discipline are the bedrocks and center of our military way of life, are integral to the core values of the United States Air Force, and are central to successful mission accomplishment.

If you have any questions about GO1As, GOIs, or if you are unsure if something falls under these documents, please contact the Legal Office at 231-3251. (Article courtesy of Capt T. Shane Heavener and TSgt Michael F. McGeever, 455th AEW Legal Office)

Air Force leaders send Independence Day message

WASHINGTON (AFPN) -- The following is an Independence Day message from Michael L. Dominguez, acting secretary of the Air Force, and Air Force Chief of Staff Gen. John P. Jumper:

"This July 4th, we celebrate our nation's 229th year of independence. In those 229 years, the United States has embodied the principles of democracy and presented freedom's virtues for countless nations and people.

"Our road to democracy began with the original 13 colonies and hasn't always been easy. The United States has fought for her freedom and ideals whenever and wherever needed. We continue to do

so today, with Airmen deployed and engaged in the global war on terrorism.

"As you celebrate our independence this year, keep those who are serving far away from home, and their families, in your thoughts and prayers. Remember their sacrifices and the sacrifices of courageous patriots who came before them.

"You, America's Airmen, represent the very best we have to offer. Citizens of this nation and people of the world look to you as defenders of freedom. We couldn't be more proud of your strength and unity, and we thank you and your families for your selfless service. Have a safe and happy 4th of July!"



TSgt Alvin "Jay" Schultz, Jr., crew chief, Joint Radio Relay (JR2) assigned to the 455th Expeditionary Mission Support Communications Squadron here. Sergeant Schultz tests communication capabilities of a joint radio relay station at a remote location here in Afghanistan. JR2 is the command and control of the theatre and provides ground forces the capability to call in air support...JRS ensures the call gets through. Sergeant Schultz is deployed here from Royal Air Force Croughton England. (Photo by U. S. Air Force Capt. Mark D. Gibson, 455th Air Expeditionary Wing Public Affairs.)

From the Mayor's Office: 1 July 2005

I realize none of you elected me as your Camp Mayor (although I'm quite sure I would have been the only candidate anyway), but either way, it's my pleasure serving in this capacity. I'd like to take this opportunity to thank each and every one of you for your help in keeping our camp clean and safe. As a matter of fact, I just had an inspection from Preventive Medicine and the feedback I received was that our camp is one of the cleanest on all of BAF. THANK YOU and KEEP UP THE GOOD WORK!! My name is Chief Liles and I approved this ad... 😊

Spinning, staying “Fit to Fight”

*By 1st Lt. David Knight,
455th Expeditionary Mission Support Group,
Security Forces Squadron operations officer.*

When I first arrived at Bagram in February I noticed the small room with the five spinning bikes across from the weight room. I came to realize that those spinning bikes were just sitting idle for the first four months of my tour. I was recently approached by Services stating there was an increasing interest in a spinning class being offered on Camp Cunningham. A few days later, the class was spun up (no pun intended) and is now being offered 3-4 times a week.

Spinning is an aerobics program that utilizes specially designed stationary bikes and a series of cycling movements providing the participant a physical and mental workout. The spinning bike is designed to mimic an outdoor road bike. The bike has racing handlebars, pedals equipped with clips and cages and an adjustable bike seat. The intensity of the workout can be easily adjusted by turning the resistance knob located on each bike.

My typical spinning classes last about 60 minutes, which includes about 15 minutes of warming up, stretching, and fitting people to their bikes.

WHO CAN PARTICIPATE?

People of varying ages and fitness levels can enjoy spinning as an alternate to running or as a cross training tool. It is considered a non-impact sport, meaning it will not place undo stress on the body's joints. Each rider can control their own pace and resistance, so people of various fitness levels can enjoy the same class together.



- See **Spin**, Page 8



Our mission and your dedication are making a huge difference in improving the stability and security for the elections. This will allow the country to evolve, much as ours did more than 200 years ago.

Not only are we attacking the terrorists that threaten the entire world, we are providing hope and critical security training so these people can succeed as a country.

I remember a couple of July Fourths sitting on the mall below the Washington Monument where you can see both the White House and Capitol Building. I have never seen fireworks like those in Washington, and it surely inspires patriotism and memories of sacrifices of our forefathers.

But, here half way around the world in a place without the lush lawns and beautiful memorials, we should pause and remember

those courageous American patriots and what they sacrificed...for a new country and for us.

Similarly, we should be proud of our efforts in helping Afghanistan's people, while respecting their dedication, hard work, and courage in building their own young country.

So, this Fourth of July, let's remember the American past and enjoy our great heritage, but also feel proud that we are here helping to carve out a new country that yearns for democracy.

Our work is important, and each of you should be excited and proud of your accomplishments!

We need to keep focused on the job, stay alert and safe, and continue making a difference. I am very impressed with the leadership team here and at Kandahar AF, and with all the young Airmen who are really getting the job done at all of our wing locations.

You are all fighters for freedom and liberty! I hope all of you have a great Fourth of July, and find a way to celebrate our accomplishments, past and present.

Adopt, From Page 2

“We also dropped off about tow pickup trucks full of large bags of men’s, women’s and children’s clothing with the village elder. The toys and school supplies were donated by our troops here and their support system back home. The donated items never seem to stop coming!”



Staff Sgt. Erik Kirkner, 455th AEW/EMXG, hands an Afghan girl a stuffed teddy bear on a recent Adopt-A-Village mission here.

“The list of people who wanted to help out was enormous. We are here to fight terrorism, stop bad guys and win the heart and minds of the Afghan people. Adopt-A-Village is a win-win situation for everyone because the children of Afghanistan receive toys and badly needed school supplies while allowing Airmen, our ambassadors in blue, the opportunity to travel out to local villages which leads to an experience they will never forget,” said Master Sgt. Darryl Postell, 455 EMSG, First Sergeant and project coordinator.

Bottom line -- the Airmen of the 455th are helping the people of Afghanistan focus on their future.

“The Adopt-A-Village program is a wonderful way to directly help the Afghani people, and highlights the unselfishness of the Airmen assigned to the 455th. I am truly proud of our incredible American patriots who are helping the courageous people of Afghanistan to rebuild their own country,” said Brig. Gen. Bruce E. Burda, commander.

The success of this day-long humanitarian effort was not only seen through the eyes of these smiling children and their parents, but was also felt by the Airmen who made it happen.

“It was a great experience...I really felt like I was making a difference and the trip gave me the opportunity to go outside the wire and see local villages,” said Tech. Sgt. Michael F. McGeever, Noncommissioned Officer in Charge, 455th Legal Office. Sergeant McGeever went on to explain how amazed he was at the poor infrastructure from the underdeveloped roadways to lack of plumbing.

“I had to really wonder whether or not these people were even aware of that dreadful September day in New York that has now brought us together,” said Sergeant McGeever.

Planning for this excursion “outside the wire” started about a month in advance. Security Forces and the Office of Special Investigations surveyed the surrounding towns, plotted the routes in and out of the village, and coordinated with the Army’s Provincial Reconstruction Team so the group would know exactly what to expect, explained Lieutenant Knight.



Two Afghan boys hold their new stuffed toys during a recent Adopt-A-Village mission here.



From left to right, CMSgt Govan, SSgt Stoll, 1 Lt Yates, CMSgt Liles and 1 Lt Knight begin their spin class here.

HOW MANY CALORIES DOES A SPIN CLASS BURN?

Research shows that a mid-level 60-minute spinning workout will burn between 600 and 700 calories. The amount of calories burned by each individual will vary depending on the intensity and duration of the workout.

ADVANTAGES TO SPINNING:

Spinning enhances cardiovascular fitness and improves muscle tone and exercise endurance. Spinning works various muscle groups, including the quadriceps, hamstrings, calves, hips and abdominal muscles. Triceps and shoulder exercises are also incorporated into the class to ensure a full body workout.

An advantage of spinning is that it does not require you to learn any complicated dance steps, such as some other aerobic workouts do. This eliminates the "intimidation factor" that is associated with certain aerobic workouts.

I really enjoy teaching spinning classes, and it is becoming one of the more popular aerobics classes. I would encourage everyone to try out one of the classes and see if they enjoy it. Most people find the class challenging but fun. We have a lot of people who sign up for every class. The weekly class schedule can be found in the Services Tent. To sign up for a class, drop by Services or call 231-4360. See you in the next class.

DISADVANTAGES: NONE – Stay Fit to Fight!



Practicing the way they fight, contestants compete in full ground crew ensemble during an annual security forces exercise. The Department of Defense must protect members of the armed forces, like these bluesuiters, against clear biological threats and vaccine-preventable deaths. Anthrax spores can be produced in large quantities stored for long periods without losing potency and can be spread by missiles, rockets, artillery, aerial bombs and sprayers.

Anthrax Vaccine Immunization Program Resumes

*By Capt. Mark D. Gibson,
455th Air Expeditionary Wing, Public Affairs*

The Anthrax Vaccine Immunization Program officially resumed throughout U.S. Central Command Air Forces June 21 under an emergency use authorization.

The AVIP was placed on hold indefinitely in October 2004 by court order prohibiting mandatory anthrax vaccinations; the safety of the vaccine was not a factor in the ruling. The FDA issued this temporary authorization to allow deploying service members the opportunity to be immunized after determining that the known and potential benefits outweigh the known and potential risks for its use.

Personnel moving to or deploying to Korea or to the Central Command area of responsibility, with the exception of the 40th Air Expeditionary Group, have the opportunity to receive the vaccinations up to 60 days prior to their date of departure. Service members currently in theater will be offered the vaccine as well.

The anthrax vaccination schedule is administered in six doses given over 18 months – day one, two-week, four-week, six-week, 12- and 18-month boosters, then annual boosters. All six doses are needed for full protection. Those that have received

the vaccination before will pick up where they left off in the program; there is no need to start all over to get full protection. Once the information is received the vaccine will be administered or the individual can decline. Their status will then be updated in the Air Force Complete Immunization Tracking Application. This ensures the member does not show up on any commander's overdue lists and is not tagged for a repeat visit to a medical treatment facility. The member can change their mind at any time and elect to receive the vaccine by simply visiting the vaccination clinic. If vaccination is elected, compliance with the dosing schedule will be tracked through AFCITA.

"Military and civilian leaders strongly recommend the anthrax vaccination," said Col. (Dr.) Lee Payne, USCENTAF Surgeon. "We want

to ensure that the right information gets to the troops so they can make an informed decision about vaccination. U.S. military forces are still at risk of an anthrax attack."

The issue of mandatory vaccination will be reconsidered by the Department of Defense when the FDA completes their administrative review, expected to be later this year.

For more information on AVIP:

- Military Vaccine Agency – www.anthrax.af.mil or call toll-free 1-877-GET-VACC
- DoD Vaccine Healthcare Center – www.vchinfo.org or call 202-782-0411
- Center for Disease Control Hotline – www.bt.cdc.gov or call toll-free 1-800-232-2522

Air Force approves wear of Afghanistan, Iraqi campaign medals



RANDOLPH AIR FORCE BASE, Texas - The Air Force has authorized wear of the Afghanistan Campaign Medal and the Iraqi Campaign medals.

The Department of Defense campaign medals apply to active duty, Reserve and Guard personnel deployed on or after Oct. 24, 2001 for Operation Enduring Freedom and March 19, 2003 for Operation Iraqi Freedom.

Airmen must have been assigned, attached or mobilized to units operating in Afghanistan or Iraq for 30 consecutive days or 60 nonconsecutive days to be eligible. The ACM is awarded for service for all land areas and all airspaces above Afghanistan. The ICM is for service covering all land areas of Iraq, all adjoining water areas out to 12 nautical miles and all airspaces above those areas.

Service members are not entitled to more than one campaign and/or expeditionary medal for the same action, achievement, or period of service. In addition, there are no devices for the ACM, ICM, and GWOT Medal.

A period of service is defined as an area of deployment, and includes the number of days criteria outlined above. Members begin a second period of service when they deploy or return to home station and then redeploy later.

Airmen deployed to Afghanistan or Iraq, who have 30 consecutive or 60 nonconsecutive days, between the eligibility period and April 30, 2005 may elect

to wear either the appropriate campaign medal or the GWOT-E medal, but not both.

Those who deployed to Afghanistan or Iraq, who have 30 consecutive or 60 nonconsecutive days, after April 30 can only earn the respective campaign medal for the area they served in.

The Air Force Personnel Center here will do a mass system update in August to convert GWOT-E medals to ACMs or ICMs, for Airmen now eligible for one of the campaign medals. Airmen who do not want the GWOT-E medal converted should notify their commander's support staff or military personnel flight.

The ACM shall be positioned below the Kosovo Campaign Medal above the ICM, and the ICM shall be positioned below the ACM and above the GWOT medal. For more information, contact the local CSS or MPF.





AIRFIELD NEWS



A-10 Orientation

Army Staff Sergeant Danny Castleberry and Buddy receive an A-10 orientation from the 455th Air Expeditionary Wing. Members of the 455th AEW recently hosted soldiers from the 67th Engineer Detachment K-9 unit. Sergeant Castleberry is a member of the 67th Engineer Detachment deployed here from Fort Leonard Wood, Missouri. He and his team are responsible for expediting the minefield clearance operations by detecting explosives during area and route clearance and minefield extraction (casualty extraction.) “We see the A-10s flying, we hear them at a distance but we have never had the opportunity to be this close to one before, this is a great experience, said Sergeant Castleberry while Buddy wagged in delight. Castleberry and his K-9 sidekick, Buddy, have been partnered and working together for two years.





History of July 4th Independence Day: America's Birthday

By U.S. Air Force TSgt Jessica Leigh



June 1776 a committee was formed to compose a formal Declaration of Independence.

Headed by Thomas Jefferson, the committee included John Adams, Benjamin Franklin, Philip Livingston and Roger Sherman.

Thomas Jefferson was chosen to write the first draft which was presented to the Congress on June 28.

John Hancock, President of the Continental Congress, signed the Declaration of Independence.

After various changes a vote was taken late in the afternoon of July 4th at a meeting in Philadelphia. Of the 13 colonies, 9 voted in favor of the Declaration, 2 - Pennsylvania and South Carolina voted 'No', Delaware remained undecided while New York abstained.



The bell in Independence Hall was rung.

The "Province Bell" would later be renamed "Liberty Bell" after its inscription -Proclaim Liberty Throughout All the Land Unto All the Inhabitants Thereof.

Although the signing of the Declaration was not completed until August, the 4th of July has come to be accepted as the official anniversary of United States' independence.

In fact, the event came to be recognized as the most important one in American history and the document provided the basis of American Constitution which was issued some 11 years later.

The first Independence Day celebration took place the following year - July 4, 1777.



President Thanks Troops, Urges Americans to Thank Them Too

By John D. Banusiewicz
American Forces Press Service

WASHINGTON, June 28, 2005 - President Bush tonight expressed his gratitude to the nation's military members and their families, and urged the American people to take time on Independence Day to make their own gesture of thanks.

Bush spoke at Fort Bragg, N.C., in a nationally televised address.

"To the soldiers in this hall and our servicemen and women across the globe, I thank you for your courage under fire and your service to our nation," he said. "I thank our military families; the burden of war falls especially hard on you. In this war we have lost good men and women who left our shores to defend freedom and did not live to make the journey home.

I've met with families grieving the loss of loved ones who were taken from us too soon," he continued. "I've been inspired by their strength in the face of such great loss. We pray for the families. And the best way to honor the lives that have been given in this struggle is to complete the mission."

The president also expressed gratitude to military people who signed on to continue their service. "I thank those of you who have re-enlisted in an hour when your country needs you," he said. "And to those watching tonight who are considering a military career, there is no higher calling than service in our armed forces. We live in freedom because every generation has produced patriots willing to serve a cause greater than themselves."

Bush said service members should know the nation is behind them and that Independence Day provides a chance for the American people "to make sure that support is felt by every soldier, sailor, airman, Coast Guardsman and Marine at every outpost across the world."

"This Fourth of July," the president said, "I ask you to find a way to thank the men and women defending our freedom by flying the flag, sending a letter to our troops in the field, or helping the military family down the street."

He said the Defense Department's "America Supports You" Web site is a good way to learn about efforts to support the nation's men and women in uniform. "You can go there to learn about private efforts in your own community," the president said. "At this time when we celebrate our freedom, let us stand with the men and women who defend us all."

Those fighting the war on terror have earned their place in history and the nation's gratitude, Bush said. "Those who serve today are taking their rightful place among the greatest generations that have worn our nation's uniform," he said. "When the history of this period is written, the liberation of Afghanistan and the liberation of Iraq will be remembered as great turning points in the story of freedom."

THE SPORTS PAGE

By SSgt Jamar Vick

What's up everyone!!!!

Here's what has gone down in your local sports at Camp Cunningham.

- A-10 Maintenance Squadron dropped bombs on the rest of the camp, by winning this past weekend's volleyball tournament.
- SSgt Sal "Money Maker" Urbano and SSgt Bucholtzz won the weekly Texas Hold'em Tournament, which can be caught at the Oasis on Saturdays 1800L.



Don't forget to come out and support your squadron on 2, July 2005 for sports day. If you don't play any sports come on out cheer on your team.



JULY 2ND SCHEDULE OF EVENTS



*******KARAOKE ALL DAY*******

1000L	VOLLYBALL
1100L	SPADES
1100L	9-BALL
1100L	Begin Serving Food
1300L	HORSESHOES
1400L	TEXAS HOLD'EM
1500L	BASKETBALL
1800L	MOVIE

Sign up for all events in the Services Tent

IT'S CRYSTAL CLEAR....DON'T WASTE IT

**If you had to pay for it, would you waste it?
If you had to sign for it, would you waste it?
If you had to walk a mile for it, would you waste it?**

Have you ever gone to grab a case of water only to find the pallet empty? Or gone to the laundry room to find it closed? We have those among us that waste water by the gallon. By doing massive amounts of laundry, taking long showers and leaving half empty bottles of water.

The importance of clean water for the above activities should not have to be explained to anyone. According to KBR, they make an average of eight trips to Camp Cunningham every week to fill water tanks. That amounts to over 25,000 gallons of water. They also deliver six pallets of bottled drinking water per week, with 50 cases of water on each pallet. With only approximately 600 personnel living on Camp Cunningham, we should have plenty of water to go around. But with the continuous waste of water, we are in danger of not having enough to last till the next fill up.

We can all take an active part in water conservation. By everyone doing there small part, we can ensure everyone has enough water to drink. These are only a few ways to save water.

- Only do one load of laundry a week
- Turnoff the shower while soaping up
- Take maximum of three minute showers
- Turn off the faucet while shaving and brushing your teeth
- Finish drinking your water before you open another bottle



These photos were taking in just one day around the common areas of Camp Cunningham.

Movies For The Month Of JULY

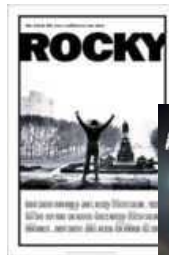
(CHECK MOVIE SCHEDULE FOR SHOW TIME)



JULY 4TH



JULY 3RD



JULY 10TH



JULY 11TH



JULY 5TH

Bagram Spotlight



Name: Tech. Sgt. Venessa C. Martinez "121 Bagram"
Hometown: (I don't have a hometown, I was a military brat)
Home Station: Randolph AFB TX
Duty Title: PERSCO Team member
Pet Peeve: People not helping each other
Hobbies: Spending time & playing with my son
Words to live by: Make the best of what life throws your way & live life to the fullest
Like: I like meeting new people from across the Air Force
Dislike: Running out of water in the bathrooms

Don't forget about the...FREE LAUNDRY SERVICE

The 455th AEW has set up a free laundry service through KBR. It's easy, just bag your laundry in green or mesh laundry bags (can be purchased at the BX). Each bag is limited to 15 items, one pair of socks equal one item. You can drop off multiple bags. Each bag must have two copies of the DA Form 2886 (laundry inventory sheet) fully completed, leave the bundle number blank. Place one copy of the inventory in the neck of the bag, partially exposed and leave the other copy with services. Ensure your laundry inventory is correct! Drop off and pick up is in the Services tent Tuesdays and Thursdays before 1000L. Contracted turn around time is 72 hours. However, KBR averages 24 hour turn around time. KBR is **not** responsible for items left in pockets. Coveralls and sleeping bags will be cleaned on Sundays (same day service) but you must coordinate with Services 48 hours prior. Along with laundry service, KBR provides a free sewing service for uniforms including rank, name and AF tapes. You can take advantage of this service individually by taking your uniforms and items to be sewn to the laundry facility, located north on Disney on the left hand side before the gas station. Please direct any questions to services at 231-4360.

GET INVOLVED WHILE YOU ARE HERE

E1-E4 The Airman Committed to Excellence (ACE) meet every
Friday at 1400L in Town Hall

E5-E6 The Middle Tier Association (MTA) meets every
Wednesday at 1300L in Town Hall

E7-E9 The Top Three meet every other Thursday at 1500L in
Town Hall

CAUTION!

If you are taking the malaria pill Doxycycline (the once-a-day pill), you will be more sensitive to the sun and therefore burn easily. Wear sunscreen while outdoors, even on cloudy days. Sunscreen is available at the clinic.

FORCE PROTECTION REMINDER

**Please remember to shred all return address labels from
packages and letters you receive from home**

WHEN IN DOUBT, SALUTE

**When wearing the official AF PT uniform, you must salute
officers both on and off Camp Cunningham.**

The Good, The Bad and The Hideously Ugly

By U.S. Air Force Staff Sgt. Nicholas Pizzi and Staff Sgt. Chalmer Crews

We all have such an interest in the macabre. None of us go to the movies to see a guy, accidentally kill

someone, and then thrown in jail; never to harm anyone again. No.

We want to see the serial murderer that does all sorts of nasty things to his victims, that gets away from the police.

He's out there, still roaming the streets. We love that kind of stuff.

Our daily lives are no exception. We are wonderful storytellers.

The Chihuahua that yapped at us from behind a white picket

fence becomes a ravenous bloodthirsty Rottweiler;

300 pounds of muscle that just chewed through a chain link fence to get to you. It was the scariest thing we ever saw, because really, we like being

scared. Just a little. The same holds true for a little

critter we are starting to find over here. It looks hideous, and the stories surrounding it exaggerate

its otherwise benign nature. I'm sure everyone has

heard about it. I'm sure everyone can tell horror stories that they've heard of. It is none other than the dreaded camel spider.

Camel Spider stories began to spread during the 1990-91 Gulf War and has now reemerged and become even more widespread with U.S. Troops in

Afghanistan and Iraq. Most of the stories on the Internet are completely untrue. With the Internet becoming so much more widely used during our conflicts, rumors are spreading like wildfire. E-mail chain letters with claims, "he/she said his or her friend—or friend of a friend—knew a soldier stationed in Afghanistan or Iraq who had said that these camel spider could inject a sleeping soldier with anesthetic, then chew out a chunk of flesh.

Individuals with imaginations and flare for the absurd take it to the extreme with claims such as; camel spiders are known to eat dogs or cats. Most people don't realize that the camel spider can also

be found in the southwest U.S. and Mexico. While the recent buzz is all about the Middle Eastern camel spider, its North American cousin has no

shortage of bizarre tales.

In Mexico, they're known as *matevenados*, which means "deer killers."

Before it is all over the camel spider will have

had its full fifteen

minutes of fame and

maybe just a little place in military history. They are

not spiders or scorpions.

They belong to a different family named solipugdid,

(pronounced sol-ee-pew-jid).

They are aggressive hunters, but don't pose a

threat to humans. The

best way to handle these, or any wild animal, is to

not handle them at all. Do not try to hunt, or

capture these creatures. If you find them in your B-

Hut, this means two things: you're doors and or

windows do not have good seals, (no surprise there)

and that you have a pest problem.

The solipugdid preys mainly on insects, spiders, scorpions, lizards, and occasionally mice and small

birds. If you find a camel spider in your B-hut, it is probably hunting out, whatever other critters are

making their home where you live. While camel

spiders aren't that dangerous to humans, no one

wants to wake up next to these things. Remember,

keeping our B-Huts clean keeps pests away, which

ultimately keep camel spiders away. If you don't

keep your B-hut clean, you may be sharing your bed with some creepy crawlies.

Here at Bagram we have no choice but to cohabitate with the camel spider. Like most creatures smaller

than us, camel spiders do not attack humans unless

provoked. When they do choose to fight they have

formidable jaws that can render a painful bite.

However, this is not poisonous. Instead the camel

spiders will crush their prey into tiny bits and suck

in the juices. Camel spiders are sometimes

encountered by humans because they are attracted



to light at night and so occasionally venture into tents or places heavily lighted. They can be found just about everywhere on base. One has to be looking in the right places to find them during day

Camel Spider Myths and Facts

Myths:

- They can grow as large as dinner plates
- They run at 25 mph and scream
- They eat camel and human flesh
- They inject anesthetizing venom

Facts:

- Full grown adults reach 5 to 6 inches
- The fastest speed is 10 mph and they do not make any noise
- Their diet consists of arthropods and lizards
- They rely on speed/stealth to capture prey and posses no venom

light hours but they can be found. If you don't mess with them, they won't mess with you. Remember General Order 1 is in place for your safety.



Here a sand scorpion makes a meal of a female camel spider. While the camel spider is an aggressive predator, it is also prey for many other species including: scorpions, spiders, lizards, and birds.

Bagram Bullet

The Bagram Bullet is published on the 1st and 15th of the month. It is a Camp Cunningham publication. Deadline for submissions is at least two days prior to the publication date. All submissions are subject to editing. Articles should be typed, single-spaced, and, if possible, submitted via email to the editor at: af.mark.gibson@baf.afgn.army.mil For more information, call the Public Affairs office at 231-3260

Editorial Staff

Capt. Mark D. Gibson....Chief, Public Affairs
SrA Sterling D. Scales.....Asst. Editor
CMSgt Colleen Celeski.....Contributor
Tech. Sgt. Jessica Leigh..... Contributor
Staff Sgt. Jessica Mohny..... Contributor
Staff Sgt. Nicholas Pizzi.....Contributor
Staff Sgt. Jamar Vick..... Contributor

**Camp Cunningham would like to extend a heartfelt thank you to CMSgt Colleen Celeski for all her hard work and dedication in always producing the best Bullet possible—
We will miss you!**

For past issues go to the 'S' drive, then 'shared files', then 455 AEW PA News, Info, 'Bagram Bullet.' All photographs in the Bagram Bullet are Air Force photographs unless otherwise indicated. Photos can also be found on the 'S' drive, 'shared files', 455 AEW PA Photos. We hope you enjoyed this edition of the BAGRAM BULLET. This is a joint effort and could not have been accomplished without the support and contributions of many. As always we appreciate and encourage any input that you as the reader have. Nominations for Spotlight Airman and articles are always welcome.

EVENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE

J
U
L
Y

2
0
2
0

SUN	MON	TUE	WED	THU	FRI	SAT
			S A L S A N I T R E C T E N T @ 2 1 0 0 L /1 6 3 0 Z	H I P H O P R E G G A E R E C T E N T @ 2 1 0 0 L /1 6 3 0 Z	1 BINGO NIGHT (REC TENT @ 1900L/1430Z)	2
3 TEXAS HOLD'EM (REC TENT 1800L)	4 OPEN NIGHT (REC TENT@ 2100L/1630Z)	5 PING-PONG TOURNAMENT (REC TENT @ 2100L/1630Z)	6	7	8 BINGO NIGHT (REC TENT@ 1900L/1430Z)	9
10 TEXAS HOLD'EM (REC TENT 1800L)	11 KARAOKE (REC TENT @ 2100L/1630Z)	12 9 BALL TOURNAMENT (OASIS @ 2100L/1630Z)	13	14	15 BINGO NIGHT (REC TENT@ 1900L/1430Z)	16
17 TEXAS HOLD'EM (REC TENT 1800L)	18 OPEN NIGHT (REC TENT @ 2100L/1630Z)	19 3 ON 3 VOLLEYBALL (1300L/0830Z)	20	21	22 BINGO NIGHT (REC TENT@ 1900L/1430Z)	23
24/31 TEXAS HOLD'EM (REC TENT 1800L)	25 KARAOKE (REC TENT@ 2100L/1630Z)	26 8 BALL TOURNAMENT (OASIS @ 2100L/1630Z)	27	28	29 BINGO NIGHT (REC TENT@ 1900L/1430Z)	30

Information provided by 455th EMSG/SVS, Please contact the SVS Tent should you have questions.